

Sermon Notes

Lonely People - Psa 25:16

February 8, 2026

I. Introduction

- a. did you number your days carefully this week... did you start them early with grace... if so, you're on the path to good days... devil will try to steal by making things difficult... Psa 90:14... "satisfy us early with your love... that we may rejoice and be glad all our days..." Prov 3:1-2... "my teachings will bring... length of days... long life... and add peace..." Heb 10:32-39... "after you were enlightened... endured hard struggle with suffering... don't quit..." photizo... become clear; enlighten spiritually; instruct, inform, teach; give understanding..."
- b. no matter what you're going thru... you're not stuck... being glad all our days is for everyone... but you may have to start some new habits to enjoy them...
Josh 1; Psa 1... "book of instruction... meditate on Him day and night... prosper and succeed..." Matt 6:25-34... "don't worry... seek first the gospel of grace... all these things added..." Luke 10:38-42... "only one thing is needed... Mary has chosen what is better..." Acts 10:34-35; Rom 2:11... "God shows no favoritism..." Phil 3:12-16... "one thing I do... forget what is behind... reach forward to what's ahead..."
- c. one area we're losing the battle is loneliness... lots and lots of lonely people in America... affects entire life... do you know you can be victorious over loneliness... pray... Deut 31:6... "don't be terrified or afraid... the Lord is the one who will go with you..." Psa 25:16... "turn to me and be gracious... I am lonely and afflicted..." Matt 28:19-20... "be sure of this... I am with you always... to the end of the world..." Rom 8:31-39... "nothing will separate us from the love of God found in Christ Jesus..."

II. Lonely People

- a. one of satan's greatest weapons is to get us to think we're alone... not only from God, but people... isolation and loneliness is demonic... it is a spiritual battle... Prov 27:17... "as iron sharpens iron... so one person sharpens another..." Eccl 4:9-12... "a cord of three strands is not easily broken..." Matt 18:20... "where two or three gather in My name... I am there..." Acts 2:42-47... "all the believers were together... met, prayed, ate, gave together..." Rom 1:12... "when we get together... it's to encourage each other in our faith..." Heb 10:24-25... "watch out for one another... not neglecting to gather together..." Eph 6:10-18... "struggle not against flesh and blood... against evil, spiritual forces..." 1Pet 5:8... "your enemy, the devil... prowls about seeking who he may devour..."
- b. loneliness is not solitude... can be in a crowd and lonely, alone and not... loneliness is not being lonesome... can miss a loved one, but not be lonely... loneliness is not a sin... 1Kings 19... "I want to die; I alone am left... go and stand in the Lord's presence..." Psa 142:4... "no one cares about me... none take notice... no one is concerned..." Mark 6:30-32... "let's go off and rest awhile... went to a quiet place to be alone..." Luke 22:39-46... "He withdrew from them... knelt down and prayed..." John 6:15... "He withdrew again to the mountain by Himself..." 2Tim 4:16... "no one stood by me... everyone deserted me..."

This is for all the lonely people, thinking that life has passed them by. Don't give up until you drink from the silver cup and ride that highway in the sky. Jesus is the answer to loneliness. Daniel Peek

- c. if that's what loneliness is not... what is loneliness... *inward emotion that we are unneeded, uncared for, unwanted, and unnoticed*... much more than being alone... it's a very dangerous place to be... takes you down a path you do not want to go... Job 17... "eyes swollen from weeping... shadow of former self... where is hope..." Psa 38:11... "loved ones stay away... fearing disease... family kept at a distance..." Psa 102:7... "I am like a sparrow alone on a housetop..."
- d. loneliness is more than isolation... more than feeling lonesome... more than being alone... crippling and disabling... opens door for destruction and death... gets in way of basic needs... to love and be loved... to be understood... to be needed and wanted... Job 19:15-21... "family and friends count me as a stranger... those I love turn against me..." Prov 18:1-2... "one who isolates himself pursues selfishness... rebels against all sound wisdom... a fool take no pleasure in understanding... only expressing opinions..." 1John 4... "love one another... we love because God loved us first..."
- e. several things can cause loneliness... recognize so you don't walk around in despair...
Change/Transition/Separation - new job, house, town, school, military, divorce, death... 2Tim 4:6-16... "time of my death is near... I fought the good fight... I've finished the race... when you come... be sure and bring my cloak, books, papers... everyone has deserted me..."
Opposition - persecution, hatred, misunderstanding, gossip...
Psa 31:13... "heard gossip of many... terror on every side... they conspired against me..." Psa 74:21-23... "don't let the oppressed be humiliated... fools bring insults... enemies create uproar..." John 5: 8... "everything my Father says is true... your approval or disapproval means nothing..."
Rejection - worst of all... causes most pain... betrayal by family, friends...
Psa 27:10... "even if my parents abandon me... the Lord will hold me close..." Psa 41:9... "even my best friend... one I trusted completely... turned against me..." Psa 55:12-14... "not enemy who taunts... it is my close friend..."
- f. loneliness causes health issues... immorality... materialism... suicide...
Gen 1:27... "God created man in His own image..." 2Cor 5:17... "if anyone is in Christ... he is a new creation... old is gone, new has come..." Eph 1:6; 2:10... "accepted in the Beloved... God's masterpiece... created anew in Christ..." 1Pet 1:18-19... "God paid ransom for you... not silver or gold... but precious blood of Christ..."
- g. remember, loneliness is an *inward emotion that we are unneeded, uncared for, unwanted, and unnoticed*... God cares... people care... most often, it's not that nobody cares... it's that nobody knows... people can't read your mind... tell someone what's going on... take a risk... will take courage, can cause pain... but pain of loneliness is far worse... Job 16:5... "if it were me, I would encourage you... would try to take away your grief..." Isa 35:3... "strengthen those with tired hands... encourage those with weak knees..." Rom 12:15... "rejoice with those who rejoice... weep with those who weep..." Gal 6:1-10... "carry each other's burdens... don't compare... work for the good of all..." 1Thess 5:11... "encourage each other... build each other up... as you are doing..."
- h. trauma fuels loneliness... to be victorious... focus on God's goodness, not trauma... offer sacrifice of praise, which leads to hope and joy... truth sets you free from loneliness... you have been chosen... you are accepted... Find Family, Jesus, Grace here... pray... Psa 34:18... "God is near to the brokenhearted... saves those crushed in spirit..." Psa 68:6... "God places the lonely in families... sets prisoners free... gives them joy..." Psa 71:14... "I will hope continually... because I praise you more and more..." Psa 105:5... "remember with thanks... all the wonderful things He has done..." John 8:32... "you will know the truth and the truth will set you free..." Acts 13:43... "Paul urged them to continue in the grace of God..." Rom 15:7... "accept one another... just as Christ has accepted you... so God will be given glory..." Heb 13:15... "let us continually offer up a sacrifice of praise to God..." 1Pet 1:2... "God the Father knew you and chose you long ago..."